

Day Cream

A fusion of Magnesium and Arnica for greater Health & Vitality.

Essential Magnesium's unique combination of natural ingredients provide for fast absorption and effective assistance for greater Health and Vitality.

- Ideal for general health and wellbeing.
- Ideal for everyday use.

Excellent Quality Blend: Every ingredient is specifically chosen to work together to help you feel better and live a happier healthier life.

- Contains Magnesium and Arnica in a topical cream.

Magnesium: Applied topically has been shown to increase cellular magnesium levels. Magnesium is required for normal cellular function and healthy muscle relaxation.

Arnica Montana: Reduces pain and stiffness in muscles and joints.

HOW TO USE: Day cream applied liberally to the required area for relief and generously to improve cellular magnesium levels. Repeat as required.

CONTAINS: 29% magnesium chloride hexahydrate plus 2% Arnica. 5g (1 teaspoon) contains 300mg of elemental magnesium.

KEY INGREDIENTS AND WARNINGS: Distilled water, Magnesium Chloride Hexahydrate, Sweet Almond Oil, Glycerine, Cetearyl, Glyceryl Stearate, Sodium Stearoyl Lactylate, Hydroxypropyl Starch Phosphate, phenoxyethanol, Arnica Oil.

If symptoms persist consult your healthcare practitioner.

Some people may experience a tingling affect when they first apply, this is simply the magnesium being drawn into the skin. This will subside with continued use.

EVIDENCE: Chandrasekaran NC, Sanchez WY, Mohammed YH, Grice JE, Roberts MS, Barnard RT. Permeation of topically applied Magnesium ions through human skin is facilitated by hair follicles. Magnes Res 2016; 29(2): 35-42 doi:10.1684/mrh.2016.0402.

ALL NATURAL
AND DRUG FREE
FORMULATION

MAGNESIUM
& ARNICA



Available in 125ml, 250ml (pump) and 500ml (pump).